

Cramps

August 3, 2022

You experience sudden painful tightening of muscles in your body with little or no warning. This tightness makes the cramped part of your body completely unusable and distracting. This cramp may always be in the same body part or travel around the body, typically in the same region. The cramp lasts (IE)d4 minutes. At the end of the duration, you must succeed on a DC 8 + (IE) Strength saving throw or the cramp moves to a different part of the same region of the body, such as lower abdomen to upper abdomen or from calf to shin or from left leg to right leg for another (IE)d4 minutes, after which you must succeed on a DC 8 + (IE) Strength saving throw or continue the process, the DC decreasing by 1 each time. Any action that requires concentration (e.g., maintaining a spell) requires a successful DC 10 + (IE) Constitution saving throw per round to maintain concentration.

Real-world Examples

Restless Leg Syndrome, Diabetes, Addison's Disease, Kidney Failure, Parkinson's Disease, Cirrhosis, Sarcoidosis

Assistive Options

When a cramp starts, if you can continuously stretch the affected muscle, which gives disadvantage on all other physical actions except saving throws, you get a +1 bonus to the next Strength saving throw.